



TWELVE STEPS TO A HEALTHY LIFE

1. Accept that you can't control all the external circumstances of your life but that you can control your responses to them. Reframe your responses so that they lead to positive actions and feelings.
2. Good health depends on both physical and mental factors: so eat properly, exercise properly and meditate regularly.
3. Think of yourself as healthy. Don't think of yourself as unhealthy.
4. Change is the only constant fact of life, so open to change and absorb change into your life. Don't resist change or complain about it.
5. Your beliefs are more powerful than you know. Become aware of them. Monitor them and make sure they are positive. If they aren't, change them.
6. The only way to escape from stress, fear and doubt is to confront the causes of these emotions directly.
7. The two fundamental emotions are fear and love. Always choose love.
8. When it is a choice between being right or being at peace, choose peace.
9. Accept yourself as you are. Everyone is flawed. Everyone has been hurt. Everyone has had to deal with bitterness. No-one is perfect. We are who we are.
10. When you feel angry or resentful, stop the emotions and practice forgiveness - including forgiveness of yourself.
11. Life never tires of teaching us new lessons. The healthy person is always open to learning and discovering. "When the student is ready the teacher will appear."
12. Be patient. Being patient doesn't mean repressing your impatience but rather having a mindful attention to the processes around you rather than concern over the speedy realization of the products of these processes.

To this set of instructions, one more can be added:
love and honour thyself.